

66. Use wallpaper scraps to decorate a gift box, a chair or a chest of drawers.
67. Ask your friends or relatives if they can use your left over paints.
68. Consider a biological toilet as an alternative to a septic tank at your cottage or home.
69. Purchase a reusable coffee filter.
70. When you find a flyer on your windshield take it back to the business that put it there.
71. Encourage restaurant owners to use condiment and sugar containers rather than the small packets.
72. Cut down on handouts by using overheads in meetings and presentations where possible.
73. Write greeting card messages in pencil so they can be reused.
74. Reuse old nylons in the bottom of flower pots for drainage.
75. Bring reusable containers or bags to the supermarket for cheese and meat from the deli-counter.
76. Get out the scissors and convert large detergent boxes into large file holders.
77. If you have an idea on how manufacturers can cut down on packaging write to them with your suggestion.
78. Ask your supermarket manager to stock products with less packaging; give some specific examples.
79. When organizing a large function, rent tableware from a catering service rather than using paper plates.
80. Save jars and lids for making jam or pickling, pass them on to a pickling neighbour.
81. Take your used watch batteries to a jewellery store that sells watch batteries and they'll have them recycled.
82. Skip your grocery shopping for one week or two and try to get rid of all the food that has been hanging around for weeks.
83. Eyeglasses can be donated to organizations such as the CNIB.
84. Talk to your local hydro people about getting water saving shower head and a toilet dam.
85. Leave the car at home; ride or walk to work.

86. Buy energy-saving long-life light bulbs that last for years and save you money in the long run.
87. Turn down your hot water heater.
88. Fill your cleaning cupboard with borax, baking soda, washing soda, vinegar, lemon juice and soap flakes to replace chlorine bleach, abrasive powders, glass cleaners, toilet cleaners, disinfectants, etc.
89. Reuse cooking foil where possible.
90. Keep water in a jug in the fridge in summer to save on wasting water while you wait for it to run cold.
91. Slow down - you'll save money on gas and speeding tickets, and you'll probably live longer.
92. Fix a leaky tap.
93. Wash your car with one bucket of water and 20 cents worth of soap rather than spending \$1.25, or more if it's drive-through, and waste gallons of water at the carwash.
94. Call your local gas company to find out about converting your car to natural gas, do some research to find out how much gas you use in a year and how much you will save by using natural gas.
95. Take the bike instead of the car, the canoe instead of the motor boat, and the cross-country skis instead of the snowmobile.
96. Organize a car pool if you are not already participating in one.
97. Use cedar chips instead of mothballs.
98. Cut down on your addressed junk mail by writing to the Canadian Direct Marketing Association, 1 Concord Gate, Suite 607, Don Mills, Ont., M3C 3N6.
99. Organize a skate exchange, toy exchange, any kind of sports equipment exchange.
100. Use compost instead of chemical fertilizer.

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1. Compost kitchen scraps and yard waste.
2. Use the dirt from your composter to replace salt for your icy walk and steps.
3. Let your apartment dwelling friends use your composter.
4. Compost the coffee grounds and tea bags from work; take them home if you don't have a composter at work.
5. Take your own shopping bag to the grocery store.
6. Write school or business notes on the back of scrap paper.
7. Choose cloth diapers over disposable.
8. Purchase reusable razors instead of disposables.
9. Go to garage sales for all your household needs, rather than buying things new.
10. Use a thermos in your lunch rather than drinking boxes or pop bottles.
11. Take a lunch box instead of bags. Also, take the container to the sandwich shop and have them put your sandwich straight into the box.
12. Recycle your fine paper at the office and at home.
13. When buying fruits and vegetables at the grocery store, instead of those little plastic bags, bring one bag to put them all in. Separate them at the check out counter.
14. Use a garbage can instead of garbage bags. If you are composting your wet garbage this needn't be a problem.
15. Take your own mug to the coffee shop.
16. Draft letters and reports directly onto the computer; skip the paper step.
17. Photocopy on both sides of the paper.
18. Keep some scrap paper by your printer to print out draft copies.
19. Shop at the bulk food store and bring your own plastic containers and bags.
20. Take the egg cartons back to the farmer - some local store take them too.
21. Repair appliances rather than buying new ones. Check your Yellow Pages for repairs.
22. Use plastic shopping bags as kitchen catchers.
23. Eat lots of fruits and vegetables; they are less often pre-packaged in the grocery store.
24. Wrap gifts in newspaper, magazines (ads are great - very colourful) or old posters, not expensive wrapping paper.
25. Use cloth napkins, not paper ones; it's cheaper and more elegant. Add a little class to your life.
26. Clean out your basement or attic and have a yard sale, or donate it to a community group-sale.
27. Use rags for clean-up, not paper towels.
28. Use cereal boxes and milk cartons for garbage. See if you can go for a week without using a garbage can.
29. Take your used motor oil to a service centre that collects it. Many do, just call.
30. Buy re-refined motor oil.
31. Reuse envelopes by putting labels over the old labels.
32. Reuse file folders by putting labels over the old labels.
33. Keep a couple of bags in your car or purse for those unplanned purchases.
34. If you have to use aluminum pie plates, reuse them or give them to a local daycare or school.
35. Buy recycled toilet paper and tissues.
36. When wrapping gifts, use string instead of tape; the string is cheaper and can be reused.
37. Buy rechargeable batteries and rechargeable fire extinguishers.
38. University and college students: don't buy all the textbooks on your list, use the school library.
39. Buy recycled paper, photocopy on recycled paper, support businesses that use recycled paper.
40. Reupholster an old sofa rather than buy a new one.
41. Buy products in recyclable, or better yet, refillable containers.
42. Shop at used book stores and use the library instead of buying new books.
43. Buy a potted Christmas tree that will live year after year, or an imitation tree, or string lights on your largest cactus and have a true "fells Navidad".
44. Take wire coat hangers back to the dry cleaners.
45. Share magazines with a friend or donate them to the hospital or doctor's office.
46. Instead of buying toys for your children, encourage them to make things. It will be good for the environment and great for their creative minds.
47. Spend a little more to buy durable products that will last and save you money in the long run.
48. Donate unwanted clothes and household goods to the local thrift store (or local church), and shop there.
49. Support the blue box program by using it and abiding by the rules.
50. Avoid buying aerosol cans; they can't be reused or recycled.
51. Buy shampoo in large jugs (or Enviropaks), and fill your smaller bottle at home.
52. Kids on Halloween - paint an old pillowcase, collect the loot and make costumes out of old fabric scraps.
53. Buy pop and beer in refillable bottles.
54. Use reusable plastic containers when you go on picnics or road trips and bring your garbage home for your composter or blue box.
55. At the office, circulate memos instead of duplicating them.
56. Avoid single serving packages in supermarkets e.g. baby food jars, single slice processed cheese, T.V. dinners.
57. Return produce baskets to the farmer's market.
58. Take the time to eat in rather than take out.
59. Buy the item with the least packaging when choosing between two equally good products.
60. Water your plants with left over cold tea or coffee.
61. Make Christmas cards out of a boxboard and colourful magazine pictures. It reduces waste and gives a much more personal touch to your season's greetings.
62. When cleaning your paint brushes with mineral spirite, let the paint settle to the bottom and pour the clean spirits back into the jug.
63. Make pizza at home and let them keep the box. Pizza boxes are not recyclable.
64. Plan your meals and save on food waste.
65. Share with neighbours and friends or rent those large and expensive things that you use only once in a while such as lawn mowers, snow blowers, and tools.